

# The Southern COACH & ATHLETE

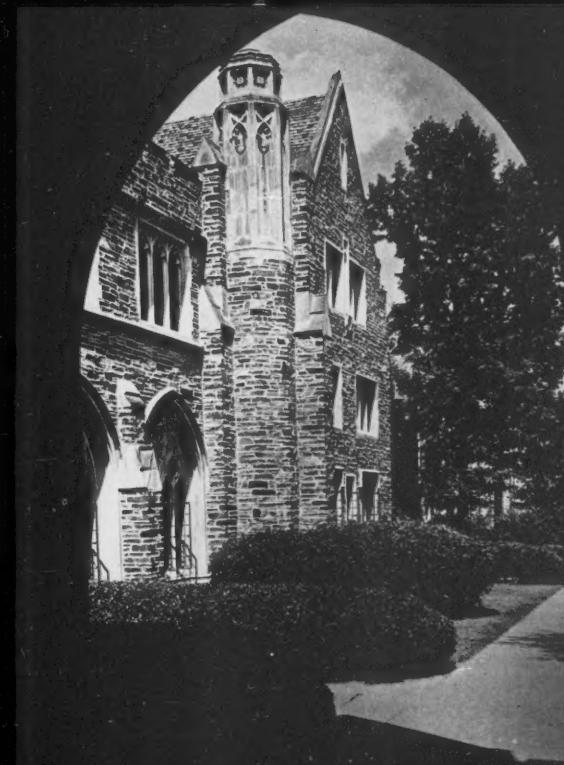
Volume III

*A Magazine for Coaches, Players, Officials and Fans*

Number 4

DECEMBER, 1940

15c



**Tackle Play**

By Lake Russell

**Early Season Training**

By A. F. Rupp

**Sprinting**

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**Southern Schools**

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# The Southern COACH & ATHLETE

*A Magazine for Coaches, Players, Officials and Fans*



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DECEMBER, 1940

Number 4

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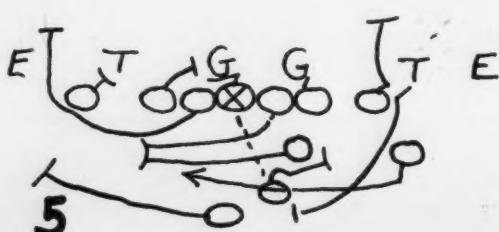
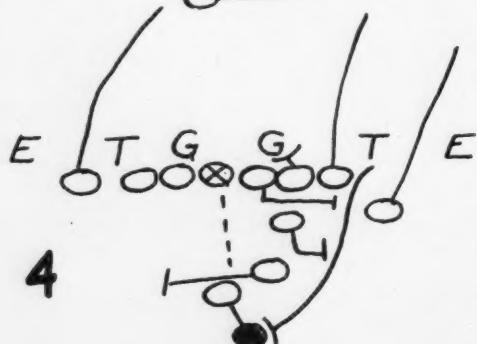
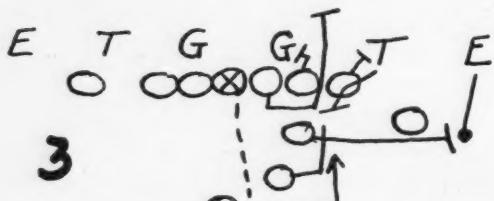
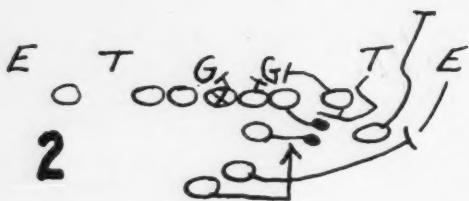
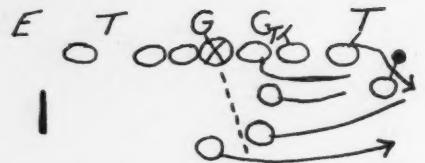
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# The Defensive Tackle

By LAKE RUSSELL

Head Coach, Mercer University



IN a discussion of defensive tackle play I would begin with the qualifications of the man for the job. There was a time when I looked for just any big boy who weighed enough over two hundred pounds and who would charge with all his weight and power. On the defense the tackle was to charge in and tear things up in general—like a wild bull in a china shop. But the ever increasing number of spin plays and trap plays has made it necessary to find tackle candidates with more than ruggedness and viciousness.

The modern game calls for the defensive tackle who has a fine coordination between mind and body. The boy who plays tackle must have an uncanny ability to react physically to the changes of direction on each play directed toward him. Frankly, he will be fooled a lot but with the proper reaction he will be able to get back into the play in time to stop it for no gain.

The defensive tackle's job is divided into two principal parts; namely, strong side and weak side. His responsibilities are different on each.

The strong side tackle is the one who lines up in front of the offensive teams' strong side. I shall attempt to explain the function of the strong side tackle against five different plays, or situations.

The first situation is the one in which the offensive team is trying to run outside of the strong side tackle, and in which they attempt to block the tackle in with their right end and wing back. (Figure 1). The tackle should be lined up outside of the end. His first movement should be a hard, low charge with his inside foot leading, his hands on the end, arms straight, elbows locked. His next movement would be to turn and fight the pressure from the outside (wing back). After he has disposed of both the end and wing back he should keep fighting to the outside and tear up the interference as he fights toward the ball carrier.

Another situation, figure 2, shows the tackle defending himself against a fake off-tackle play. The offensive team is trying to trap him and run inside. This calls for good reaction on the part of the tackle because he must first anticipate a play outside and then come back hard and low to the inside. As soon as he sees that nobody is blocking him from the outside he must get low and start fighting pressure from the inside. In my diagram (fig. 2) the offensive team is attempting to block the tackle out with a guard and quarter back. The tackle must get low and come in and fight the guard. He should get his body between the guard and the line of scrimmage and fight like a bear. If he plays the quarter back the guard will take him out.

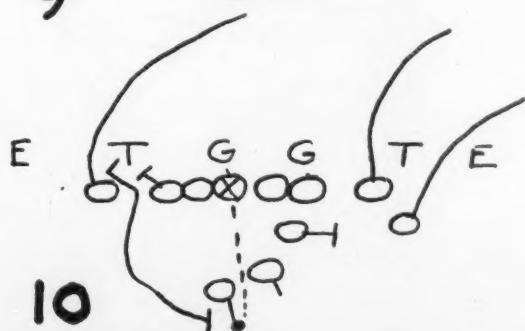
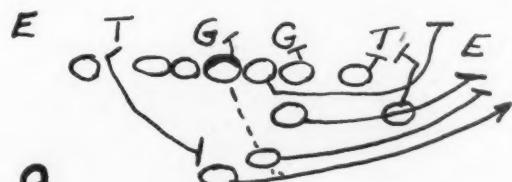
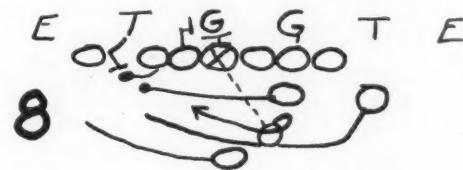
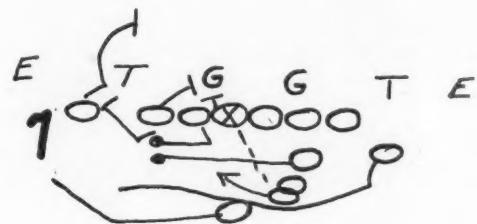
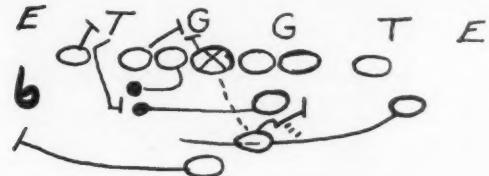
Figure 3 shows the strong side tackle fighting pressure from the inside. This time the end and wing back are teaming up to take him out. He must start his play on the end, just as he would if the play were outside, and then when the blocking all comes from inside he must



LAKE RUSSELL

then, after fighting the inside pressure, he must rush the passer, but should be cautious to do so from the outside.

The foregoing is my theory on defensive tackle play. From the theoretical angle it is, I think, about perfect. But it takes a lot of work to see it put into practice. I don't believe the tackle will ever learn it without hours and hours of practice against real blocking and ball carrying. He must become accustomed to following the ball, and his reflexes must be trained to immediately recognize pressure and to fight it.



stay low and fight to the inside. In this instance he should not try to penetrate into the other backfield, but must fight along the scrimmage line.

When the other team starts a pass play the strong side tackle must start his charge just as in figure one, but as the play develops he should rush the passer, but should stay to the outside, looking for fake pass with run outside of him.

Again the reverse play, the strong side offensive tackle must charge his end, then follow the play deep, looking for double reverse or reverse pass.

Now we come to the job of playing defensive tackle on the weak side. This requires not only a rugged type of play but real craftiness. The weak side defensive tackle must stay low at all times. He must be able to react to blocking pressure on either side. Except in a few instances the weak side tackle will not charge more than a yard across the line of scrimmage. He will either be fighting off an end from the outside or it will be necessary for him to fight pressure from his inside.

To stop the reverse play outside of his position (fig. 6) the weak side tackle must first charge hard on the end, and whip the end, then charge the interference, fighting the deep man. His first movement would be with his outside foot. He would use his hands viciously, keeping the end away from his body by keeping his own arms straight and his elbows locked.

Figure 7 shows the weak side tackle fighting against a spin play designed to run inside of his position. Here the tackle must first take care of the end; then, as soon as the end passes him up, he must turn quickly to the inside and start fighting parallel with the line of scrimmage. There would likely be two men trying to block him out, and he should fight only the one nearest the line of scrimmage. He should play him on the shoulder nearest the line of scrimmage.

Figure 8. Against a play in which the offensive tackle tries to take out the defensive tackle on the weak side, the tackle must first charge on the end. Then, when he sees pressure from the inside he must fight along the line of scrimmage, with his body between the blocker and the scrimmage line.

Figure 9 shows the weak side tackle following a wide play to the opposite side. He must take his usual charge on the end, and then follow deep, always alert for a come-back play or pass.

Against a pass play the weak side tackle fights the end,

# Early Season Training

By ADOLPH F. RUPP

Basketball Coach, University of Kentucky

**S**YSTEMS of play and styles of offense and defense do not win championships. A coach, early in his career, should decide on a general system of play. This, of course, can be varied as conditions require.

Early season practice should be devoted to fundamentals. Do not scrimmage or run plays until you have mastered the fundamental details. It makes a ragged scrimmage and causes the boys to lose faith in what is expected of them. Fundamentals establish individual rather than team skill. Try to establish uniformity. Teach ball handling, stance, dribbling, pivoting, faking, footwork, cutting, shooting, and rebound work. Remember there is no defense for ball handling. There is no system of defense that will stop a team better mastered in fundamentals.

### Cutting the Squad

After three weeks of practice on fundamentals you will be ready to work on your general system of floor play. We cut our squad to 15 men. We try to get one team which always practice together on which are the best seven men. We believe that good team work comes only if boys play together. Frequent substitution demoralizes organized team play. Boys playing together learn to know each other.

### Style of Game

Adapt your style to the material.

Small, light and fast players can use the fast break system with short passes and pivots. They should develop into an offensive team.

Big, tall men can best play a long pass, hook pass game with a strong rebound attack. Should be powerful from a defensive standpoint.

### Fundamentals

It possibly seems unusual to the average individual when I tell him that we spend three-fourths of our practice periods working on fundamentals. Mastery of detail in passing, dribbling, running, and faking is essential to a good basketball player. Regardless of what theories of play you may have, unless you can put those theories into actual play by



A. F. RUPP

**C**oach Rupp, the author of this article, is well known in basketball circles throughout the nation. His Kentucky teams have dominated the game in the South for the last ten years. Coach Rupp is in demand as a lecturer at summer coaching schools. His ideas and methods are well presented in his book "An Outline of Basketball," from which this article was taken.

well-executed fundamentals you will fail to have a winning club. Many boys come to us highly recommended but each and every one must spend hours of patient work in order to gain the polish required in our type of play. It is a mistake to train a boy in the fine points of the game if he can not properly execute the fundamental details.

Possibly the biggest job that faces a basketball coach is in the drilling that he must do in order to get self-control in his men, and in the suppression of individualism in the interest of team work. In the matter of team work basketball surpasses all college games, for in basketball every player on the team receives the ball

continually during an offensive movement within the scoring zone. It follows, naturally, that there is great temptation to sacrifice team interests for individual glory by taking a perfect shot for a score. In order to be an important cog in a real machine, a man must overcome this temptation and work for team harmony. On a great basketball team you must suppress this individual effort and that can best be done by constant practice and training. In too many cases a basketball game is merely ten opposing players, each operating individually. Sometimes you will get a good team of individual stars but more often it merely robs the game of its best features, clever floor work and passing. And far too often these teams have few plays.

Basketball today, in order to put on an interesting performance for spectators, must have clever plays. There should be no guesswork about them. They should be planned so that every man would know what to do every moment and the players ought to be able to run through them in machine-like fashion. Every coach should spend a lot of time in building an offense by means of plays for he ought to capitalize on positive possession of the ball.

Another feature commonly overlooked in basketball is team drilling for the physical requirements of the game. You need speedy footwork, leg spring, and endurance. Give the players such exercises as will develop these. In the early part of the season it is well to have a set of exercises that you use regularly. Have some skipping ropes and require each player to use them for five minutes each day. Teach them to play on their toes and by means of the skipping rope develop such leg spring as they will need in the game. And above everything else do not overwork your men in these early practice sessions. Rather fail to give them enough work. Remember one thing, fatigue is cumulative. If you practice until the men are tired and then keep on driving them you are only teaching them bad habits, habits of loafing; they will

(Continued on Page 22)

# Training for Sprints

By ARCHIE HAHN

Track Coach and Athletic Trainer, University of Virginia

*Editor's Note—This is the second in a series of articles on track to be furnished by the National Collegiate Track Coaches Association. Nationally famous track coaches are providing these articles with the sole desire to stimulate greater interest in track and field in the United States.*

## Indoor Running—The Start

**I**N indoor running the feet should be closer together at "the start" than in outdoor running. Put more weight on rear foot so that it will have more surface on the floor, to avoid slipping. This is starting with indoor spikes, or on flat floor without spikes. When using indoor starting blocks, take the regulation method of outdoor start. With the indoor start the toe of the rear foot should be placed about on a line with the heel of the front foot. If using spikes this position will be modified in the direction of the outdoor starting position.

## Suggestions for Conditioning

Never give speed until men have been working for three or four weeks. Do a lot of jogging to get warmed up daily, prior to real work. Also take daily stretching exercises. After practice, when man has rested, he should do some easy jogging on grass, not track—getting plenty of bound but no particular effort as to striding. This strengthens the legs but does not seem to take anything out of the runner. Keep warm when not working. Use sweat clothes at this time, particularly if the weather is cold.

Give five or six sprints, full speed, of 25 to 40 yards with special stress on the last 10 yards. Practice the throw at the finish. Try to get higher on toes and enforce arm action in this 10 yards. Run men of equal ability together, or put slower men out in handicap.

The above work is part of the daily program, unless conditions do not warrant same. The coach must use his judgment as to the amount of

work the different men can stand. The rugged runner generally can stand more than the less rugged man. The following schedule is for the sprinter who runs both the 100-yard and the 220-yard races:

**MONDAY:** Starts. 220 yards, about three-quarters speed until last 30 or 40 yards, then full speed.

**TUESDAY:** Sprints or starts, whichever you wish to give them. 300 yards about 440 speed, hard last 60 yards. This teaches them float to some extent also endurance.

**WEDNESDAY:** Two or three sprints at about 35 yards. Rest. Two 75 yard races. Rest. 220 yards, run first 120 three-quarters speed then pick up last 100 yards, with special stress on the last 30 yards.

**THURSDAY:** (Early part of season, might be too much latter part) two or three 100 yards—no gun—three-quarters speed until last 30 yards, then full speed. Instead of this you could give 130 yards twice as you would run the first 150 yards of the 220 yard race—no finish. Have runner on this day do some work off marks but not necessarily with gun start.

**FRIDAY:** If meet is scheduled for Saturday, no work. Do not ask the boys to report on that day after middle of season. Late in season give very little work the days prior to meet.

**SATURDAY:** Meet or trials. 100 yards—220 yards. Time trials. Rest well between. If man runs only 100 yards keep over-distance work to about 150 yards, or possibly 120 to 130 yards. It will also be found that small sprinter may do better in 220 if most of over-distance work is 150 yards.

That was my method of training for the 220 and I have used this method with some other small sprinters. I found the regular method took too much out of me. This can be found only by studying the runner and his reaction to the regular work. In this 150 yard work, 120 yards at three-quarters speed and last 30 yards at full speed.

When necessary to run heats in big meets save yourself in the heats, particularly in the 220. Do not take chances, but save yourself for the finals. Once while I was running in the big ten championships, I let a runner give me a good licking in a trial race. The others in this heat were not so good so I watched them and let him go. He gave everything he had in this heat. He looked good in the heat but finished third, about 5 yards in the rear, in the finals. I am certain he was better than this, but he did not use his head in the trials.

It pays to use your head in this 220 race. In the A.A.U. Champs, on a muddy clay track, I watched the man I believed was the one I had to beat to win. Another man from Canada went out fast and the two of us looked rather bad for the first 150 yards, after that he came back fast. The man I was watching must have been doing the same with me. We stayed together until about 35 yards from the tape, when I happened to have a little more left than he. I ran this same man a week later in the Canadian A.A.U. Champs, this time on a cinder track, and instead of a straight 220 this was run on a curve. I figured he expected me to stay with him as I did in the first race. I decided to gamble a little so I went out about 130 yards as hard as I could. Before he knew what had happened I had a lead of 3 yards. This made him try a little too hard and as a result he tied up in the last 30 yards of the race. The above examples are cited only to show that it pays to use your head, as well as your feet, even in the sprints.

When running 220 yards on curve, hope that you will draw one of the inside lanes, thus having men outside to check on for your speed. It is hard to judge pace on the curve, thus you can sometimes jump outside man when he relaxes for the middle of the race and get a yard or so before he knows what is happening. I did this many times myself, though I

(Continued on Page 21)

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DWIGHT KEITH  
*Editor & Business Manager*

## *To the Winning Teams of 1940*

*As a hunter who returns at the close of day  
With his bags all loaded with game—  
So you have finished your season of play,  
And return with your laurels and fame.  
Silver trophies and emblems of gold  
You have for the job you have done;  
But life's greatest values are not bought and sold,  
But in the game of life they are won.*

*The silver trophy will tarnish some day,  
And the gold will be lost or sold,  
And the cheers of the crowd will fade away  
When the evening of life grows cold;  
But the warm handclasp of a loyal friend  
Will never tarnish nor fade,  
And there's no other gift that Heaven can send  
Like a friend that the gridiron has made.*

Last month we called attention to the pageantry of Football. That is one of the small phases of the game—an outer garment worn for show. Like Life, Football has its many phases and, like life, it is too big for us ever to see through. Like life, it is graduated from the simple to the intricate. A child in the lower grades enjoys kicking, passing, and running with the ball, before he learns about teamwork and before he knows of such thing as strategy. On the other extreme, seasoned players and coaches with long experience are ever seeking to develop new methods, new strategy, and more effective techniques. The smartest coach can never be sure of just what to expect of the other team, nor his own for that matter.

A great deal of data could be gathered on the comedy of the game. Many humorous incidents could be related which have occurred in various games, on the practice field and in the dressing rooms. Then there is the pathos of the game—the tragedies, injuries, deaths, and disappointments. Then, of course, there are the economic and other phases of the game.

In the wild quest for victory and the mad lust for championships there is one phase that is often overlooked. It is a game that produces lifelong friendships. The origin of many famous business partnerships can be traced back to the gridiron. The boys played with or against each other and gained convincing first-hand knowledge of each other's character and personality. There is no better testing ground for courage, cooperation, honesty, mental alertness, initiative, and loyalty than in the great game of football. When a friend is made on the gridiron, you know it is a life-long friend and you will "Bind him to your soul with hoops of steel." You will treasure his handclasp down through the stretch of years. Yes, Football is a game that is never understood—and is never finished.

## *Code of Ethics for Coaches*

It is the duty of the Coach—

1. To set up the proper ideals of sportsmanship and ethical conduct of the games from the point of view of the coaches, players, officials and spectators.
2. To eliminate all procedures which tend to distract from the best interest of the game, such as not starting the game on time, players haggling with officials, etc.
3. To stress the values derived from playing the game fairly.
4. To secure courteous treatment of the visiting team and the officials by the spectators.
5. To establish a happy relationship between the visiting coach and himself and the visiting players and his own players.
6. To cooperate with the principal in securing competent officials whose integrity is unquestioned.
7. To see that his players are thoroughly taught the rules governing the sports in which they are taking part.
8. To abide by the theory that "learning by doing" is an accepted educational maxim, and that it is, therefore, good educational practice for each coach to instruct the members of his team to use their own brains and strategy and not to depend upon him at crucial moments.
9. To bear in mind that the purpose of athletic contests is to promote the physical, mental, moral, social and emotional well-being of the individual players.
10. To bear in mind that participation in athletics is the right and privilege of the entire student body and, therefore, intra-mural activities should be provided.

Taken from—*The Handbook of the New York High School Athletic Association.*

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This modern, fireproof building, containing 40,000 square feet of floor space, offers every facility to all departments. Freight elevators operate direct to loading platforms. Stocks are always clean and well displayed because of the ample room available.



Here all employees work under ideal conditions—well ventilated and plenty of natural light. We are justly proud of this new plant, and we cordially invite all our customers and friends to visit us.



A view of the Retail Sporting Goods Department



Bicycle Display in Retail Department

A partial view of the shipping department, working under almost perfect conditions. We believe we have in this



department, the best organization it is possible to assemble. Their motto is "The sun never sets on an unfilled order."



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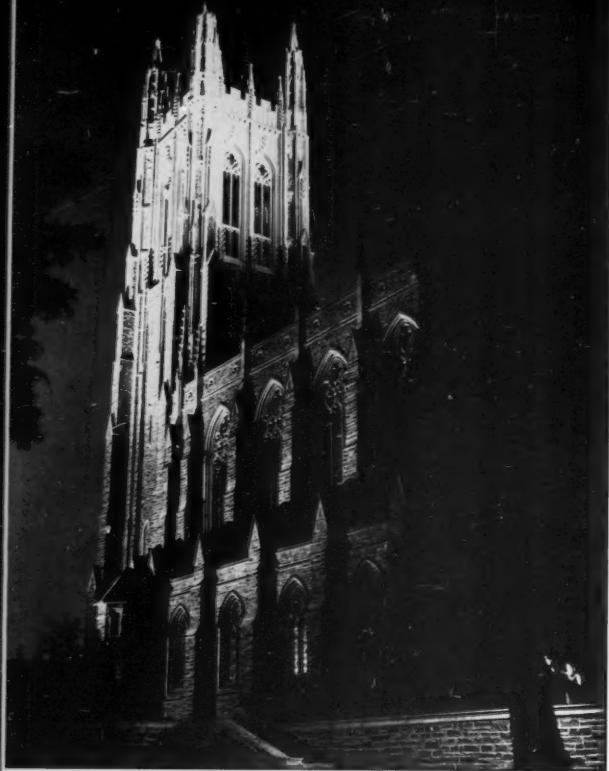
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# Southern

## Duke



*A stable source of peace by day, a solid sentinel at night, is the Duke University Chapel, the lighted white tower of which is visible for miles across the rolling countryside of the Carolina Piedmont. The tower contains one of America's fine carillons, played each summer by the eminent Flemish-American bell-master, Anton Brees.*

undertaken in 1925, millions of dollars were put into addition to grounds, buildings and equipment; distinguished scholars and scientists in many fields joined the faculty, the libraries were carefully developed, new schools and colleges were incorporated into the University's organization.

Duke University now includes Trinity College, the Woman's College (which occupies the former Trinity campus), the Graduate School of Arts and Sciences, the School of Law, the School of Religion, the Graduate School of Forestry (operated in connection with an adjoining 5,000-acre forest), the Schools of Medicine, Nursing, and Dietetics (operated in connection with Duke Hospital, 569 beds, including 50 bassinets for newly born infants), the College of Engineering, and the Summer School, with its affiliated school at Lake Junaluska, and the marine laboratory at Beaufort. The faculty and administrative staff of the University exceeds 500 persons, and in all more than 1,500 persons are employed by the University.

For several years Duke's enrollment has annually exceeded 3,500 students, coming from every state and more than



*Left—WASHINGTON DUKE, head of the family whose benefactions made possible the establishment of Duke University, is commemorated by this bronze statue on the Woman's College campus, a mile and one-half from the University campus. Trinity College, the University's parent institution, was the first southern college to raise the Stars and Stripes following the Civil War.*

*Right—ROBERT LEE FLOWERS, Acting President, Duke University*



# Schools

## University

a dozen nations. There are more than 12,000 living alumni residing in 48 states and in 29 foreign countries. Nearly 3,000 students, the majority of them of graduate rank, attend the summer sessions.

With library resources of approximately 600,000 volumes, Duke's collection of books is one of the nation's largest. There are also large collections of historical and literary manuscripts, and interesting collections of art objects.

The breadth of the University's curricula is indicated by the listing of 739 courses in the undergraduate catalogue alone. Fifteen classes of degrees and the diploma in nursing are conferred by the University in recognition of satisfactory fulfillment of requirements in 25 departments and ten schools and colleges. Well over 800 degrees are awarded each June.

Since the establishment in 1926 more than 85 books have been published by the Duke University Press, many of them by members of the Duke faculty. A dozen journals and other periodically issued publications go out from the Press: *The South Atlantic Quarterly*, *Character and Personality*, *American Literature*, *Ecological Monographs*, *Duke Mathematical Journal*, *The Hispanic American Historical Review*, *The Southern Association Quarterly*, the *Duke University Research Studies in Education*, the *Journal of Parapsychology*, *Historical Papers of the Trinity College Historical Society*, and *Contributions to Psychological Theory*, *Law and Contemporary Problems* is published by the School of Law.

Duke University, by Trinity College, was a charter member of the Southern Association of Colleges, and has long been a member of the American Association of Colleges. It is a member of the Association of American Universities.

During the academic year 1938-39 Duke University celebrated the centennial of its origin. The program for the year included a series of symposia on timely subjects coming within the scope of the University's work, lectures by distinguished scientists and scholars, publication of significant volumes by the University Press, and was concluded with a formal three-day centennial program in April, 1939, attended by delegates from 300 colleges, universities, foundations, and learned societies.

Outstanding among the scores of native stone buildings on the University campus is the magnificent Gothic chapel, with its graceful 210-foot tower, its 50-bell carillon, the 7,791-pipe organ, its beautiful stained glass windows, its stone statuary, wood carvings, and wrought iron work. It is visited each year by thousands of visitors.

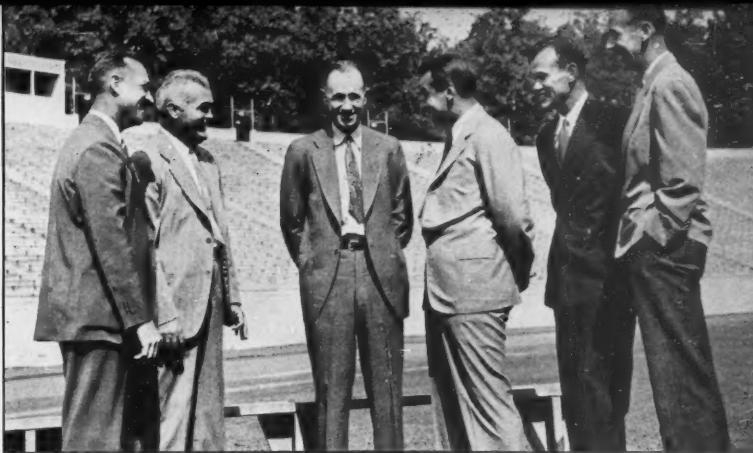
Duke University (then Trinity College) was one of the first institutions in the South to take up the game of football.

John Franklin Crowell came to the institution as president from Yale University and having been associated with the team there, he organized a squad at Trinity. The University of North Carolina and Wake Forest also organized teams but they played the game with the round ball and along the lines of Rugby football. Trinity, however, played it as Yale was playing it—with an oval ball and more rushing and kicking.

Duke and University of North Carolina, who are still the bitterest of rivals on the gridiron, played the first game of football along the modern day lines in the state and it was, as far as is known, the first in the South. Other teams had played but it had been Rugby.

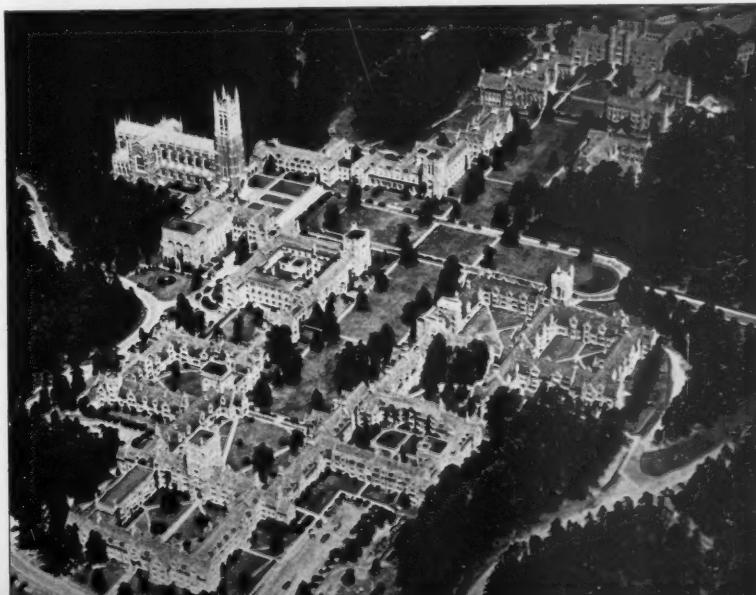
Duke won that first game with North Carolina at Raleigh, N. C., Thanksgiving Day, 1888, by a score of 16-0. The boys in this section liked the sport so much that they played it in the spring of 1889 and again in the fall, Duke, North Carolina and Wake Forest playing each other both in spring and fall.

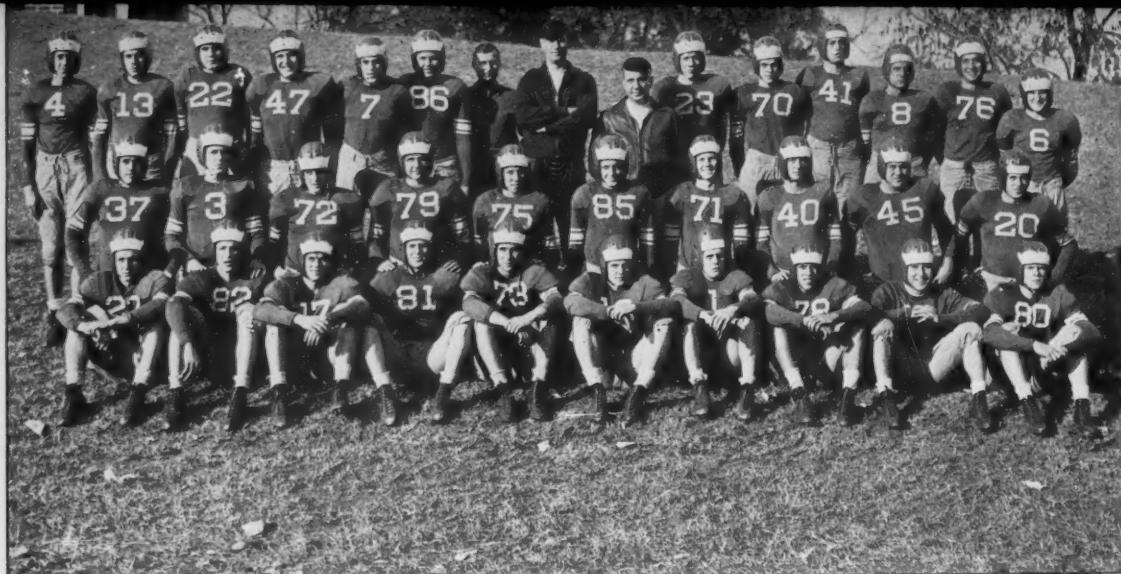
Duke's first big season came in 1891 when the Trinity boys—and there are members of that team who are now prominent educators and (Continued on Page 19)



DUKE'S COACHING STAFF—Duke's football coaching staff is shown above in an informal shot. Left to right are Dennis K. Stanley, end coach; Ellis Hagler, line coach; Athletic Director and Head Coach Wallace Wade; Eddie Cameron, backfield coach; Robert L. Chambers, trainer; Herschel Caldwell, freshman coach. Cameron is also head coach of basketball, Hagler head coach of golf and Chambers head track coach. Caldwell also coaches the freshman basketball and baseball teams.

DUKE UNIVERSITY CAMPUS AT DURHAM, N. C.





1940 BOYS' HIGH SQUAD—G.I.A.A. CHAMPIONS

Front row, left to right: Fincher, Smith, Miller, J. DeFreese, Glass, Henderson, Cox, Miller, M., Berman, Hunt. Second row: Duckett, Lerner, Gordon, Jenkins, L., Castleberry, Bailey, Glenn, Griffin, Alexander, K., Carroll. Back row: Haas, Paschal, Maffett, V., Echols, Maffett, M., Jenkins, D., Backfield Coach Keith, Head Coach Doyal, Line Coach Orgain, Stanton, Kenimer, Alexander, P., Clay.

## BOYS' HIGH vs. ATLANTA ALL-STARS

A FOOTBALL GAME of great interest and importance to the Coaches Association of Georgia is the game between the Boys' High state champions and the Atlanta All-Stars. This game will be played Saturday afternoon, December 14, at Grant Field and the proceeds will go to putting the Georgia Athletic Coaches Association on a firm financial footing. This game should and probably will attract fans from all over the State, since the Boys' High team is one of the best in the history of that institution. Playing the strongest teams in the Southeast they have scored 189 points to the opponents' 2. As we go to press the team will be riding to Miami, Florida, to meet the last obstacle in their way to a perfect season. Regardless of the outcome of this final game, it is a marvelous team and this game December 14 should be worth driving miles to see. No Atlanta team was able to score on Boys' High this year and now the Purples are taking on a team made up of the best from every school in the Atlanta area. Boys' High has an offense that is varied and spectacular and this game with the All-Stars should be a thrilling spectacle.

College scouts from all over the South will be on hand to look the graduates over, and it will be a real opportunity for the boys who graduate this year.

Boys' High 1940 schedule follows:

Boys' High	19	Commercial	0
Boys' High	7	Marist	0
Boys' High	52	Columbus	0
Boys' High	13	Savannah	0
Boys' High	26	Lanier	0
Boys' High	34	Monroe	0
Boys' High	12	Tech High	0
Boys' High	13	Rome High	2
Boys' High	13	Knoxville	0
Total	189	Opponents	2

Boys' High placed four players on the *Columbus Ledger's* All-G.I.A.A. team for 1940:

Furchgott, tackle.  
Cox, guard.  
Bailey, halfback.  
Castleberry, halfback.

**WILSON**  
EQUIPMENT

Golf □ Knitwear  
Tennis

**RIDDELL**  
SHOES

Baseball □ Track  
Football

**CONVERSE**  
SHOES

Basketball □ Tennis

Complete Sporting Goods  
Lines found at

**BECK & GREGG**  
HARDWARE CO.

64 Marietta Street

ATLANTA □ GEORGIA



# RIDDELL



## COACHES TAKE NOTICE SPECIAL ON CLEATS

We have had No. 4 and 5 cleats for twelve years. They are made of a special rubber fiber stock. These are the best No. 4 and 5 cleats we have ever had. Because of quantity production we can give you the following prices:

No. 4 Female Regular ( $\frac{3}{8}$ " on end). Per set of 14 in bags... 25c

No. 5 Female Mud ( $\frac{3}{8}$ " on end). Per set of 14 in bags..... 25c

No. 4 and 5 MALE (same dimension as above). Per set of 14 in bags. 25c

No. 1 Plyable Rubber Regular ( $\frac{1}{2}$ " on end). Per set of 14 in bags.... 30c

No. 2 Plyable Rubber Mud ( $\frac{3}{8}$ " on end). Per set of 14 in bags..... 30c

(We also carry in stock for use of the professional football players our No. 6 and No. 12 concave cleats at 30c per set, and No. 5 $\frac{1}{2}$  small mud cleat at 30c per set.)

## COACHES SPECIAL NOTICE COACHES

The Riddell system of marking and advertising is your protection. A genuine Riddell shoe in all sports has the name "RIDDELL" perforated in the top of the tongue. Remember a shoe is not a genuine RIDDELL shoe unless it is so marked.

The style (which also designates the grade) is perforated near the top of the tongue.

Our catalog gives you the standard school price of these styles of shoes.

THIS IS YOUR RIDDELL CATALOG



THESE HELMETS ARE MADE OUT OF PLASTICS AND ARE—

1. Stronger.
2. Lighter.
3. More Beautiful.
4. Cooler (they are ventilated).
5. Easier to hear signals in.

FOR 1940 WE WILL HAVE TIME ONLY TO MAKE TWO-TONE HELMETS AS PER PICTURES OR CUTS.

BE SURE AND READ NOTICE IN EACH HELMET.



The following colors and top straps can be furnished in helmets:

BODY COLORS

MAROON  
RED  
ORANGE  
YELLOW  
GREEN  
BLUE

NAVY  
BLACK  
GREY  
WHITE  
GOLD  
OLD GOLD

SILVER  
COPPER  
BRASS  
BRONZE  
PURPLE  
BROWN

TOP STRAP COLORS

RED  
ORANGE  
YELLOW  
GREEN  
BLUE

BLACK  
WHITE  
GOLD  
SILVER  
PURPLE

IN FULL COLORS ONLY

RED  
BLACK  
GOLD  
OLD GOLD  
SILVER

THIS IS YOUR RIDDELL CATALOG





# R I D D



### Basket Ball No. 1

Same center as Style A, covered with good grade of Gunnison leather.

Price ..... \$8.00



### Basket Ball No. 2

Covered with good grade of pebble grained cowhide.

Price ..... \$6.00

### Basket Ball No. 3

Covered with good grade of pebble grained split cowhide.

Price ..... \$4.50



### Style 56

The Champion of leather top basket ball shoes. Is genuine Goodyear welt construction with non-marking sole that can be resoled. We believe this is the fastest starting and stopping shoe on the market. It features a shock absorbing quality that will save your players from fatigue in the hard grind of a basket ball season.

Price ..... \$5.50



### Style 55—Red

A light basket ball shoe in colors for game use. Made up special, requires 3 weeks.

Price ..... 16.10



### Style 57

Same as 56 only in white elk.

Price ..... \$6.30



### Style 55—Brown

A light basket ball shoe in colors for game use. Made up special, requires 3 weeks.

Price ..... 16.10



**Our Style "A"  
Basket Ball  
Is National  
Federation  
Approved.**

**THE BALL THAT KEEPS THE FEEL AND REACTION OF  
THE BALL THAT RETAINS THE RATIO OF BLADDER, LINING  
THE BALL THAT WILL NOT THROW A PLAYER OFF  
THE BALL THAT WILL NOT MAKE THE COACH CHANGING**

### BASKET BALL SHOE ACCESSORIES

School Price	
\$4.50	
.90	
1.75	
.25	
.11	

Laces, gross .....  
Outsoles (Light-colored, non-marking), per pair .....  
Resoling with Light-colored, non-marking soles, per pair .....  
Sponge Rubber Insoles, per pair .....  
Cork Insoles, per pair .....

**ALL SHOES MAY BE HAD IN  
THE FOLLOWING ADDITIONAL COLORS  
BLUE — ORANGE — GREEN**



### Style 55—Yellow

A light basket ball shoe in colors for game use. Made up special, requires 3 weeks.

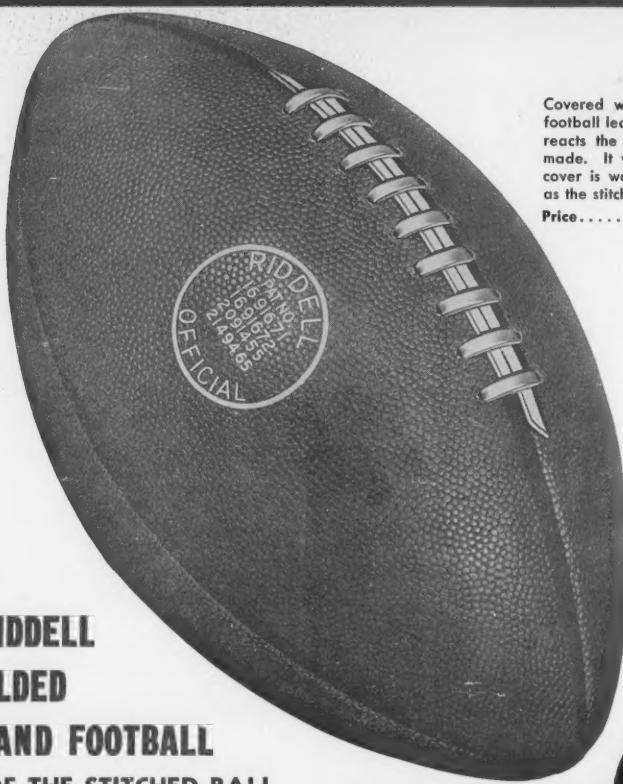
Price ..... 16.10



Bowling Shoes in colored kid.  
to make up.  
Price .....

**THIS IS YOUR RIDDE**

# RIDDELL



## THE RIDDELL MOULDED BALL AND FOOTBALL

SECTION OF THE STITCHED BALL  
AND LINING AND LEATHER OF THE STITCHED BALL  
KEEP OFF HIS GAME  
DON'T CHANGE HIS STYLE OF PLAY

### BASKET BALL AND FOOTBALL ACCESSORIES

	School Price
Basket Ball Score Books (Adams), each	\$.35
Repair Cement (Riddell), tube	.25
Ball Cleaner (Riddell), can	.35
Ball Wax (Riddell), cake	.25
Basket Ball Bladders (Seamless Rubber Moulded), each	1.00
Football Lace, each	.15
Football Rule Book (National Federation)	.25



Colored Bowling  
colored kid. Takes 3 weeks  
Price ..... \$6.00



Bowling Shoes in colored kid. Takes 3 weeks  
to make up.  
Price ..... \$6.00



Brown Bowling  
Bowling Shoes in colored kid. Takes 3 weeks  
to make up.  
Price ..... \$6.00



Wrestling  
Style 70  
Same as 67 except sole is tough rubber. Has  
non-scruff tip.  
Price ..... \$4.80



### Football No. 1

Covered with Gunnison's special university football leather. This ball at 9 lbs. pressure reacts the same as the best stitched balls made. It will hold its size and shape until cover is worn off. Does not get as soggy as the stitched ball when wet.

Price ..... \$7.50

### Football No. 2

Same as No. 1 only covered with Gunnison basket ball leather.

Price ..... \$6.50

### Football No. 3

Carcass same as No. 1. Covered with good grade leather.

Price ..... \$5.00



A very fine moulded volley ball that will hold its size and shape.

No. 1 covered with best grade of white elk leather.

Price ..... \$5.00

Covered with good grade white leather.

Price ..... \$3.85



### Bowling Shoes

#### Style 66

Style 66—The last word in an athletic bowling oxford. Shoes are of equal weight. Has starting insert on right foot which will not tear off. A very stylish looking shoe. Has white eyelets. Men's sizes 6 to 12. Women's sizes 2 to 9. B, C, D, and E widths.

Price ..... \$4.50

Style 69—Same as Style 66 only with high top. Has black eyelets. Carried in C, D, E widths. Price ..... \$4.50



Boxing  
Style 67

A genuine Goodyear welt boxing shoe. Upper of heavy kid. Sole of soft Moccasin leather.

Price ..... \$4.80



Wrestling  
Style 70

Same as 67 except sole is tough rubber. Has non-scruff tip.

Price ..... \$4.80



# RIDDELL

THE HOUSE OF QUALITY and SERVICE



## TRACK AND FIELD SHOES



Style S—Our finest model University shoe. A light, but very durable, glove-fitting yellowback Kangaroo sprint shoe. Hand-turned construction. **\$3.75**



Style N—A hand turned shoe made of very fine grade of Athletic Tan leather. Fits like a glove. **\$3.50**



Style NX—A track shoe long needed to meet the demand for a more durable practice shoe. It is of genuine Goodyear welt construction. Has full sole which keeps upper from wearing out at heel. We believe this is the toughest track shoe made. **\$3.25**



Style T—A good durable track shoe. Upper made of tough Athletic Tan leather that insures fit, comfort and resists perspiration. **\$3.75**



Style J—Field or jumping shoe of a grade corresponding to Style S. Has counter and two spikes in heel. **very best yellowback field** **\$3.75**



Style K—A very strong shoe of welt construction. Highest grade oak soles. Made of Athletic Tan leather. Two spikes in heel. **\$5.50**



Style KX—Same shoe as Style K except it has uskide heel with no spikes in heel. **\$5.50**



Riddell Track Shoes feature an interchangeable spike in three lengths: price, each. **\$0.05**  
**1/4"** for board tracks  
**3/8"** for indoor dirt tracks  
**5/8"** for outdoor tracks

The soles of the shoes are reinforced with a steel plate. The fixture binds the sole together in such a way that the spikes cannot punch up into the foot.

(Two Weeks to Make Up)	<b>\$ 7.00</b>
	<b>9.25</b>
	<b>6.50</b>
	<b>7.50</b>
	<b>6.50</b>

### SPECIAL TRACK SHOES

KP—Pole Vaulting Shoe like K only high top, one spike in heel.	
JP—Pole Vaulting Shoe like J only high top, one spike in heel.	
JX—Cross Country same as J only has uskide heel with no spikes.	
JY—Indoor Shoe with no spikes in tap or heel, uskide soles.	
KY—Indoor Shoe with no spikes in tap or heel, uskide soles.	

### TRACK ACCESSORIES

Track Wrenches.....	<b>\$ 0.35</b>	Laces for Track Shoes, per gross laces.....	<b>\$ 1.50</b>
Repair Kits complete for football and track shoes.....	<b>10.00</b>	Fixtures complete.....	<b>.07</b>

## BASEBALL AND SOFTBALL SHOES



Style SB—Our very best feather-weight baseball shoe built especially for the big league player. Made of Yellowback Kangaroo. Extra strong and extra light. **\$8.50**



Style NB—A very fine Goodyear welt construction baseball shoe with split shank sole. Made of Ath-Tan Kangaroo. Used by many professionals. **\$5.50**



Style KB—Goodyear welt construction with straight sole. An extremely strong shoe. Upper made of the finest Athletic Tan leather. Used by quite a few Big League catchers and pitchers. Best shoe in our line for this purpose. **\$14.50**



Style 33—Has a regular baseball upper made out of Athletic Tan leather. Leather insole and counter. Features a special moulded rubber sole with cleats moulded on the sole which are especially adapted for softball. Each sole has two extra removable golf spikes which can be used at the discretion of the player and can be easily removed if not desired. This shoe makes an excellent golf shoe; also, can be used as a football official's shoe. **\$3.75**

### BASEBALL ACCESSORIES

Spikes, gross.....	<b>\$1.65</b>
Spikes (sole or heel), pair.....	<b>.18</b>
Pitchers' Toe Plates, attached to shoe, leather, each.....	<b>1.50</b>
Pitchers' Toe Plates, attached to shoe, full cap aluminum, each.....	<b>1.00</b>
Pitchers' Toe Plates, loose, leather, each.....	<b>.38</b>
Pitchers' Toe Plates, loose, full cap aluminum, each.....	<b>.60</b>



# RIDDELL

THE HOUSE OF QUALITY and SERVICE



## FOOTBALL SHOES



Style 89—Game shoe of Yellowback Kangaroo—soft toe—buffed sole—equipped with No. 4 cleats. Goodyear welt construction.

School Price.....\$10.75

Style Z—Same shoe in Blue Back Kangaroo. School Price.....\$8.75



Style H—Second oldest shoe in our line. A strictly university grade shoe. Upper of the finest Yellowback. Split shank, Goodyear welt construction. Comes equipped with No. 4 cleats. School Price.....\$9.75

Style HX—Same as H only has soft toe. School Price.....\$9.75



Style R—The oldest shoe in our line. Used as an all-round shoe for practice and games by many of the country's leading teams. Light, yet very tough and comfortable. Comes equipped with No. 4 cleats. Goodyear welt construction.

School Price.....\$8.75

Style RX—Same as R only has soft toe. School Price.....\$8.75



Style P—The original quality straight sole shoe. Used by many professional and university teams for practice as well as games. Made of the finest selections of Ath-Tan leather and Oak sole leather. Equipped with No. 4 cleats. Goodyear welt construction.

School Price.....\$8.00

Style PX—Same as P only has soft toe. School Price.....\$8.00



Style 77—Upper of Athletic Tan leather which is very tough and pliable and will withstand perspiration. Goodyear welt construction, ten eyelets high. Split shank soles of good grade Oak Tan leather. Equipped with No. 4 cleats. A good practice shoe.

School Price.....\$7.50

Style 77X—Same as 77 only has soft toe. School Price.....\$7.50



Style O—One of our old standbys with the larger high schools. Made of the best grade of Ath-Tan leather. Is a shoe of excellent quality. Is light, durable and a shoe we can recommend without reservation. Equipped with No. 4 cleats. Goodyear welt construction. School Price.....\$6.50

Style OX—Same as O only has soft toe. School Price.....\$6.50



Style X—A very sturdy shoe. Made throughout of a good grade of Athletic Tan leather. Soles are of good Oak leather. By all odds, the best shoe made within this price range. Has No. 4 cleats. Goodyear welt construction, nine eyelets high.

School Price.....\$8.00

Style XX—Same as X only has soft toe. School Price.....\$8.00

The House of Riddell has had 18 years' experience with female cleats and fixtures and 13 years' experience with the male cleat construction. Our shoes can be had in either construction. Our long experience is your safeguard and protection.

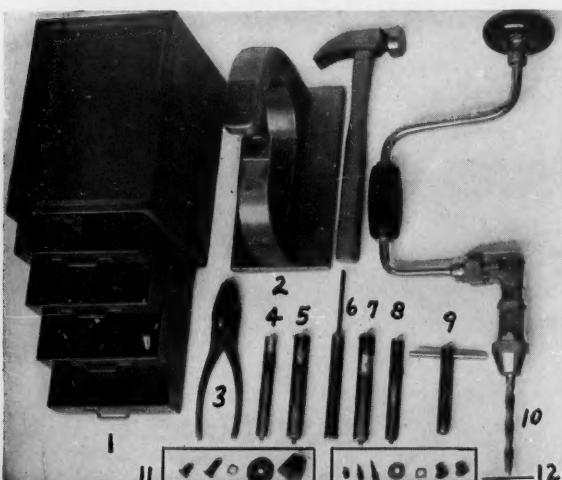
## FOOTBALL SHOE ACCESSORIES

School Prices

Kicking Toes, each.....	\$1.00
Cleats No. 1, Male or Female, per set of 14 in bag.....	.30
Cleats No. 2, Male or Female, per set of 14 in bag.....	.30
Cleats No. 4, Male, per set of 14 in bag.....	.25
Cleats No. 4, Female, per set of 14 in bag.....	.20
Cleats No. 5, Mud—Male, per set of 14 in bag.....	.25
Cleats No. 5, Mud—Female, per set of 14 in bag.....	.20
Laces, gross.....	.45
Fixtures, complete (Male or Female Set-up).....	.05
Pliers.....	.25
Cleat Wrench.....	.15
Cork Soles, pair.....	.09
Sole Plates, pair.....	.24
Heel Plates, pair.....	.20
Reinforcement Plates, pair.....	
Neatsfoot Oil, quart.....	.70

Repair Kit—This Repair Kit Can Be Used for Both Male and Female Cleats.

Hammer and Brace are not a part of tool kit. School Price for complete kit (22 items) \$10.00



**John T. Riddell, Inc.**  
1259 N. Wood Street Chicago, Illinois



# Basketball Rules

By ROY MUNDORFF

Basketball Coach, Georgia Tech



ROY MUNDORFF

EACH year the game of basketball is becoming more and more standardized from a point of view of its solidarity. Take a look at the number of rule changes from one season to the next in baseball. There are practically none. Football is beginning to have no alterations in the laws that govern the game. This year's basketball rule changes are few in number and somewhat minor in importance. Hence, the reason for the opening statement of this paragraph.

Let us look briefly at the changes that will confront the basketball public for the coming season. First, a new backboard design is *legal* but *not mandatory*. It is almost the old backboard with the upper corners sheared off entirely, making the upper edge an arc of a circle. Next, the ball should be inflated to such pressure so that when let drop from a height of 6 feet it should rebound to a height from 49 inches to 54 inches. This year a substitution may originate at the bench after a successful free

throw. It is recommended that the home team wear light colored jerseys and the visitors dark ones.

A very important change is that when a ball touches a player who is out of bounds it is awarded to his opponent. This should be carefully studied and interpreted by the official. After the ball is placed at the disposal of the free thrower, the throw cannot be refused; a substitution cannot originate at the bench; and the opponent cannot request a time-out.

A very good change is one that makes it mandatory for an official to have the ball *clearly* in his possession before handing it to a player out of bounds.

In the case of a free thrower stepping over the line on a throw for a technical foul the ball is put in play from out of bounds at mid-court by any team-mate of the free thrower.

It is always a good plan for a coach and his players to go over all the rules of the game and thoroughly digest the "trouble makers" or ones that are not so obvious. This treatise has not gone into the changes thoroughly, but does give a fair idea of what to look for in the book. You can readily see that as time passes this game will be on a firm basis and there will be no need for the existence of any rules bodies at all. Be sure to get a copy of the Basketball Rules for 1941.

#### 1940 HIGH SCORERS IN G.I.A.A.

	<i>g.</i>	<i>td.</i>	<i>pat.</i>	<i>tpts.</i>
Mathis, Darlington .....	9	15	2	92
Pounds, Tech High .....	9	10	1	61
Castleberry, Boys' High....	9	10	0	60
Rutland, Jordan .....	9	9	6	60
Murray, Richmond .....	9	8	1	49
Gulledge, Richmond .....	9	8	1	49
McSherry, Marist .....	9	8	0	48

## PARKS-CHAMBERS

*Distributors*

*of*

## RIDDELL

### Sporting Goods

- Make Parks-Chambers your headquarters for sports equipment. A complete, quality line for basketball, football, baseball . . . wholesale and retail.

### Gift Suggestions

*for*

### SPORTSMEN

- **Jackets** — Capeskins and suedes. For hunting, for fishing, for golf, he'll want a leather jacket. We have all types. Colors, mostly tan; sizes, 36-44. **10.00-22.50.**

- **Sweaters** — Pullovers in all colors. Popular sweater coats with zipper or button fronts. **3.00-15.00.**

- **Everfast Shirts** — Light-weight sports shirts; fast to sun — fast to suds. Blue, tan and corn. **5.00.**

SPORTS DEPT. — 2nd FLOOR

**PARKS-CHAMBERS**  
37 PEACHTREE ST

# • SPLIT MINUTES •

## GEORGIA

By DWIGHT KEITH

*Secretary, Georgia Athletic Coaches Association*

**C**OACHES and all others interested in athletics in Georgia will be interested in the announcement of the game to be played at Grant Field the afternoon of December 14 between Boys' High School and the Atlanta All-Stars. The purpose of this game is to make up the deficit incurred at our last two coaching clinics and enable the Georgia Coaches Association to make plans for the 1941 clinic without being handicapped with this deficit. Our clinic program, under normal conditions, would be self-sustaining, but due to rains on the night of our football games the last two years, we have suffered financial losses. In most States, programs of this nature have the financial backing of the civic clubs of the towns where they are held. We have never sought such backing for our Georgia Coaching Clinic. It has been our purpose from the beginning to put it on a self-supporting basis and with a fair break on the weather we would have more than accomplished that purpose.

We have no apologies for our present deficit. For the past three years we have made accessible to the coaches in this section instruction in the various sports by outstanding sports authorities of the nation. For our basketball coaches we have gone into the far Middle West and brought to our school Dr. Forrest C. Allen. Dr. Allen introduced the sport into the Olympic Games, is a member of the National Rules Committee, is a noted trainer and has produced 22 championship teams in 28 years of coaching. We have also brought in Coach A. F. Rupp, basketball coach of the University of Kentucky. Coach Rupp has dominated Southern basketball for a number of years. We have also had Coach E. A. Lampe of the University of Georgia, and Roy Mundorff of Georgia Tech. To make the instruction more effective we have brought here each year 20 high school graduate players to be actually coached by these college coaches and enable them to demonstrate their systems of play. Then, too, we have had Dr. Clement Eyler, President of the National Basketball Officials Association, to discuss rules and officiating with us.

For our football coaches we have had the following instructors on our staff: W. A. Alexander, Bobby Dodd, and Mack Tharpe of Georgia Tech; Frank Thomas, "Red" Drew, Paul Burnum, and "Hank" Crisp of the University of Alabama; Jack Meagher, Dell Morgan, Porter Grant, "Boots" Chamblee, and Ralph Jordan of Auburn; Rex Enright of the University of South Carolina; Major W. H. Britton of the University of Tennessee; Lake Russell of Mercer University; Jess Neely of Rice Institute; Joel Hunt of L. S. U.; Wallace Butts, J. B. Whitworth, and J. V. Sikes of the University of Georgia.

In track we have had George Griffin and Norris Dean of Georgia Tech; Wilbur Hutsell of Auburn; Weems Baskin of University of Mississippi; and "Spec" Towns of the University of Georgia.

(Continued on Page 18)

## FLORIDA

By L. L. McLUCAS

*Secretary, Florida Athletic Coaches Association*

The Legislative Council of the Florida High School Athletic Association held its semi-annual meeting in Jacksonville on November 9th.

The district and regional basketball tournaments will be held on March 7th and 8th.

The state class A and B tournaments will be held on March 13, 14, and 15.

Sixteen teams will represent the class A schools and sixteen teams will represent the class B schools in the state tournament.

Plant High School of Tampa will sponsor the Class A tournament and the University of Florida will again be host to the Class B tournament.

Four officials will be used in each tournament and these officials will be selected by the coaches of the teams competing in the tournaments. An official, to be eligible to work in a district, regional, or state tournament must be a registered official, registered with the FHSAA.

The state track meet was awarded to St. Petersburg.

The swimming meet and the tennis and golf tournaments were awarded to Ft. Lauderdale.

We wish to take this opportunity to welcome the following new members into the coaches' association:

Chuck Butler, Hollyhill; D. L. Cook, Plant City; Robt. Conner, Dunnellon; Herman Close, Palatka; Paul Delaney, Ft. Lauderdale; Ollie Daugherty, Port Richie; Herman Davis, Salem; Richard Fromhart, John Gorrie (Jacksonville); Frank Hancock, Largo; Happy Hayes, Webster; W. E. Harker, Jefferson (Tampa); Winston Jones, Dade City; C. R. Jury, Lee (Jacksonville); Gayle Kelly, Tarpon Springs; Tom Kirkland, Daytona Beach; Al Legano, Cross City; H. B. Mullons, Waldo; Richard Price, Sarasota; J. H. Robinson, Punta Gorda; Cromer Schuler, Fletcher; J. R. Sample, Ft. Pierce; Welcome Shearer, Lee (Jacksonville); Dr. K. C. Shannon, Lee Jr. (Miami); Carl V. Sangster, Hollywood Jr.; Donald Thornton, Pierson; George Thomson, Weirsdale; M. E. Wooten, Brewster; L. R. Williams, Crawfordville; R. C. "Pop" Warner, Kirby-Smith (Jacksonville).

Among the new coaches entering the profession this year for the first time are:

Cotton Clinton, University of Tampa, assistant at Lakeland; Jack Maynard, University of Florida, assistant at Pensacola; Bobby Varn, University of Florida, assistant at Fletcher; Frannie Hartman, University of Florida, head coach at Gainesville; Tom Kirkland, Stetson University, assistant at Daytona; Vincent Schaeffer, Stetson University, assistant at Miami Senior; Joe Justice, Rollins College, assistant at Winter Haven; Paul Bouton, Rollins College, assistant at Orlando; Bill Daugherty, Rollins College, assistant at Winter Park.

# Defensive Strategy In Six-Man Football

By C. L. GROVERT

Wauneta, Nebraska, High School

Much has been written about the phenomenal growth of six-man football. It has been estimated that nearly four thousand schools used the pee-wee pigskin game last year. The game has enjoyed its growth, not at the expense of regular football, but has been developed almost entirely from a group of schools that had no competitive football before Mr. Epler devised the first set of rules some five years ago.

Undoubtedly six-man football has become the fastest growing game in America today because its wide open play has a tremendous appeal to the spectators as well as to the boys who play the game.

There are many offensive systems that can be used effectively in six-man ball, but the success of any system will depend upon the ability of the individual players to carry out fundamental assignments and the material on hand. Not many schools are blessed with any great lot of material, so in view of this fact the writer believes that the best offense any team may have is a good sound defense.

There are several popular types of defensive formation, such as the 3-1-2, the 4-2, and the 3-2-1 and weakness will appear in each type. However, the writer is convinced that the 3-2-1 type of defense with variations is the best adapted to meet all offensive situations.

In this particular style of defense the defensive ends should play to the outside of the offensive ends and are made responsible for end runs and slant line plays. The center playing to either side of the offensive center is responsible for direct line plays and short passes over the line. The two secondary men in this arrangement play from four to six yards back of the line of scrimmage and about three yards to the outside of the ends and are made responsible for wide end runs and flat passes. The safety man playing from ten to fifteen yards back of the line of scrimmage must shift his position ac-

cording to the position on the field, the playing time of the game, the down and the offensive play situation. All players are playing more or less a zone position until the play has committed itself. Then each defensive man is to play the ball carrier.

Defensive men should be alert for fumbles of all types. In view of the fact that a fumble may be advanced by the defense, all players should receive a lot of drill in scooping up loose balls on the dead run and advancing them. Against teams which use intricate plays which require much ball handling, the ends should be coached to charge into the opposing backfield fast and play for a possible interception, but should also guard against reverses. The defensive end should bear in mind that he is helpless in the air; he should never leave his feet before a passer throws. The good passer will duck under or around him and pass or run with the ball.

The defensive formation must be balanced with the strength of the offensive formation. If the strength of the offensive formation is to the right of the center, the defense should be in a position to meet it. The defense should not be overshifted or undershifted, but balanced. The defensive players should vary their positions, as it will tend to bother the offensive players in carrying out their assignments.

The defensive methods and tactics should be changed from game to game to cope with the different styles of offensive play of the opposition. Too many coaches set up a style of defense and use it without variation throughout the season, with the result that it becomes ineffective before the season is over.

Many times a defensive huddle can be used effectively with the quarterback or some other player calling the formation or variation to be used at that particular point of the game. Another good bit of strategy is to

(Continued on Page 20)



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## SPORT SKETCHING

### SOUTH CAROLINA

#### JACOBS BLOCKING TROPHY

By HUGH HOLMAN

The unsung heroes of the Southern gridiron will have their share of glory in Clinton on December 10, when Dr. William P. Jacobs, president of Presbyterian College, will make his annual trophy awards to the outstanding blockers and most unselfish players in the state of South Carolina and in the Southern and Southeastern conferences at a banquet to be held at Presbyterian College and sponsored by the Clinton Chamber of Commerce.

The elaborate balloting apparatus by which the outstanding blocker in these three divisions is selected was set to work late this week, and the polling of sports writers, officials, coaches and athletic directors will continue until early in December, when the winners of these famed awards will be announced through the Associated Press.

The blocking trophy idea was instituted by Dr. Jacobs in 1928 when he gave a silver loving cup for annual presentation in the state of South Carolina, for the purpose of "rewarding the most unselfish man in South Carolina Intercollegiate football, the finest exemplification of team play, the best blocker, the finest interference runner, and improving the blocking play in the state, and encouraging unselfishness, team play, and true sportsmanship in football."

In 1933 the Southern Conference was added to the honored list and a cup awarded by Dr. Jacobs for that group. When the Southern Conference split in 1935 a similar award was instituted in the newly-formed Southeastern group.

The trophies are awarded at a banquet held at Presbyterian College each year and sponsored by civic organizations of the town of Clinton. To these banquets coaches, sports writers, officials, the South Carolina All-State football team, all runners-up for the trophies, and leading figures in the world of sports and sports writing are invited. The banquet is broadcast by radio, and between 250 and 300 people attend annually. It represents what is probably the outstanding postmortem affair of the entire Southern football season.

By A. B. FENNELL

**B**ASKETBALL officials of South Carolina will meet at Clinton December 10 during the annual Jacobs Blocking Trophy banquet with a view of organizing a state association.

Such an association has been discussed for some time, but only in recent weeks have any steps been taken to get the officials together.

The aims of the organization will be to offer better officiating for college and high school games and, if possible, standardize fees.

There are nine colleges in the state which play basketball and it is estimated that the association, when organized, will recommend a list of 12 to 14, or more, if needed, officials to college coaches and seek to have college athletic directors to use only member officials.

Several years ago such an organization was tentatively formed, but it never functioned. Now, however, the officials themselves realize the value of an organization and have been assured of the support of several of the college coaches who have already been approached in connection with the idea.

Former winners read like a roll call of the great in Southern athletics in the last few years. In the state of South Carolina they have been: 1928, O. D. Padgett, of Clemson College; 1929, Hugh Stoddard, of the University of South Carolina; 1930, Grady Shelly, of Clemson College; 1931, Fred Hambright, of the University of South Carolina; 1932, Bill Hutt, of Furman University; 1933, Bob Griffin, of Furman University; 1934, Harry Bolick, of Presbyterian College; 1935, Jack Shivers, of Furman University; 1936, Andy Sabados, of The Citadel; 1937, Don Willis, of Clemson College; 1938, Don Willis, of Clemson College; 1939, June Moore, of Presbyterian College.

Winners in the Southern Conference have been: 1933, George M.

(Continued on Page 20)

ALA

By LUMAN

**A**LABAMA'S high school football championship race was jumbled to a considerable extent in mid-November when a powerhouse Bessemer High School eleven upset the Sidney Lanier Poets, of Montgomery, in a tilt which was expected to give the Poets claim to the 1940 crown. The North Alabama team rolled over the outclassed Lanier team—state champion of 1939—by a 20 to 0 score.

The victory gave Bessemer strong claim to the title, but the Purple Tigers still had two more games to play. Gadsden High School finished the season with one tie game to mark an otherwise perfect record and thus established its claim to the mythical championship. Bessemer had been held to a scoreless tie early in the season by Ramsay High, of Birmingham.

Bessemer whipped Phillips High, of Birmingham, the week following the Lanier game, by a close 10 to 6 count.

Before meeting Lanier, Bessemer had knocked off four opponents and had held each to a scoreless defeat. Not one team had crossed the Bessemer goal line until Phillips made its lone touchdown. It was not lack of scoring punch that kept the Bessemer opponents away from the goal either, for Lanier had one of the best offensive teams in the state and not once could it drive across the guarded stripe. Lanier, however, did advance as far as the goal line, but a fumble quenched the threat.

Coach Snitz Snider's Bessemer team obviously held the strongest claim to the title by virtue of the victory over the champions of 1939, but the Gadsden record equalled Bessemer's and the title could not be given Bessemer without ignoring Gadsden.

Gadsden played Anniston in sub-freezing weather in the final game of the year, and the Bulldogs marred Gadsden's perfect mark by taking advantage of a fumble and connecting with a pass. Gadsden scored on an end-around to keep from being beaten, but it was through the air that Gadsden showed its effectiveness.

# THE STATES

## OKLAHOMA

WELLS

Coach Nurmi Nelson's Gadsden Bengals rolled up a total of 322 points against 40 for the opposition, and Bessemer could make no such boast as that.

Both Bessemer and Gadsden have several All-State candidates that have attracted widespread attention throughout Alabama. Bessemer has a near-perfect team which works more as a unit—a coach's dream—and it was difficult for even the coach to select any particular player as outstanding. However, fans and rival coaches agreed upon two Bessemer backs, George Lawley and Sam Cain. Lawly is a 180-pound fullback, while Cain tips the scales at 175 and plays quarterback.

Cain rocks the defense and Lawly drives over it. Cain never missed a block when Bessemer defeated Lanier, and Lawley scored all three touch-downs.

Gadsden's chief attraction is 180-pound Fullback Gordon "Tornado" Terry. He is not called Tornado for nothing. The big, smooth-muscled fullback has scored 15 touch-downs this season and kicked seven extra points after touch-downs.

Basketball, in a few sections of Alabama, got off to a flying start in the first days of November. Several high schools in the state abandoned football this season and basketball practice began as soon as the football season opened; these schools opened their basketball season some two months in advance of the majority of Alabama high schools.

Camp Hill High School was one of the first to start basketball practice in Alabama this year. The Camp Hill athletic department decided to forget football and concentrate on other sports—basketball, specifically.

Other early birds in the basketball cage were Hackneyville High School and the Avondale Mills quintet, of Alexander City. These two teams, both prominent in their section, opened the 1941 schedule against each other. Avondale Mills will probably have one of the strongest teams in Central Alabama.

(Continued on Page 20)

# GEORGIA

By ALVA L. HAYWOOD

The teams of the North Georgia Football Association are rapidly bringing their 1940 football season to a close and with only two more weeks of action among the member teams of the association, things really begin to take shape and one can almost decide the teams destined to participate in the play-offs for the championship of the two brackets. The winners of the play-offs of the NGFA will meet the SGFA champions early in December to decide the State Champions.

Most of the members of the NGFA will close their season during the week of November 25th, although there are a few squads who will ring down the curtain on their season with the annual Thanksgiving Day battle.

From all reports this has been one of the most successful seasons ever witnessed by some of the schools as to the interest shown in the teams, the attendance at the games, and the outcome of the tilts.

At present the Upper Bracket of the NGFA is paced by the undefeated squad from Cedartown High, who have scored victories over such strong teams of Spalding, Dalton, Cartersville and Rome. Next in line is the Athens High eleven, which has triumphed over such squads as Elberton, Rome, and Glynn Academy. In the Lower Bracket is the Hartwell squad with victories over Toccoa and Gainesville; closely followed by the Trion High team who have whipped such teams as Dallas, Lafayette, and Charleston, Tenn.

The Spalding High eleven of Griffin is being greatly praised for their narrow 7-0 victory over the Albany High squad, last year's State Champions, in a game played at Albany on November 15th.

The Executive Committee of the NGFA will meet at the Henry Grady Hotel in Atlanta on Saturday, November 23, at 10:30 a.m. for the purpose of making arrangements in regard to the play-offs for the championship of the two brackets of the NGFA.

According to information handed out by S. F. Burke, Secretary-Treasurer of the NGFA, Greensboro High and Summerville High, of the Lower Bracket; and Newnan High and La-

Grange High, of the Upper Bracket, have been ruled out of the association because of their failing to pay their dues within the allotted time. This action leaves seven schools as members of the Upper Bracket and five members in the Lower Bracket.

The official North Georgia Football Association standings, complete through the November 15th games, are as follows:

#### OFFICIAL NGFA STANDINGS CONFERENCE GAMES (Upper Bracket)

Teams—	W.	L.	Pts.	OP.	Pet.
Cedartown	1	0	25	6	1.000
Athens	1	0	18	7	1.000
Spalding High					
(Griffin)	1	1	44	25	.500
Elberton	1	1	26	18	.500
Gainesville	0	0	0	0	.000
Griffin	0	1	0	19	.000
Robert E. Lee	0	1	0	38	.000
(Thomaston)	0	1	0	38	.000

#### (Lower Bracket)

Teams—	W.	L.	Pts.	OP.	Pet.
Hartwell	1	0	19	6	1.000
Trion	0	0	0	0	.000
Hapeville	0	0	0	0	.000
Rockmart	0	0	0	0	.000
Toccoa	0	1	6	19	.000

#### OFFICIAL NGFA STANDINGS ALL GAMES PLAYED (Upper Bracket)

Teams—	W.	L.	T.	Pts.	OP.	Pet.
Cedartown	8	0	0	232	20	1.000
Spalding High						
(Griffin)	8	1	0	309	25	.889
Elberton	8	2	0	245	49	.800
Athens	5	2	0	85	53	.715
*Gainesville	4	3	0	104	65	.572
Robt. E. Lee	4	4	1	150	153	.445
Griffin	1	7	0	28	188	.125

\*Does not include results of Russell and Canton games.

#### (Lower Bracket)

Teams—	W.	L.	T.	Pts.	OP.	Pet.
Trion	8	1	1	266	52	.800
Hartwell	7	3	0	273	55	.700
Hapeville	5	2	1	114	49	.625
Rockmart	3	1	1	97	39	.600
Toccoa	6	4	0	111	105	.600

The executive committee of the North Georgia Football Association met at the Henry Grady Hotel, in Atlanta, on Saturday morning, November 23rd, at 10:30, for the purpose of selecting the teams which will meet to decide the champions of the Upper and Lower Brackets of the association. The committee was composed of President Pete Boney, of Trion; Secretary-Treasurer S. F. Burke, of Thomaston; and Executive Committeemen Roy C. Smith, of Cedartown; Bob Lee, of Elberton; and Pete Hern-don, who represented H. F. Milton, of Hartwell. After much consideration, the committee passed that Cedartown will meet Athens for the championship of the Upper Bracket

(Continued on Page 20)

## Spartanburg Intra-Mural Football



H. R. DOBSON

**A**T SPARTANBURG, SOUTH CAROLINA, Coach H. R. Dobson, affectionately called "Red" by his hundreds of friends throughout the southern sports world, has worked out a system of intramurals that is proving to be very successful. "Red" has retired as football

coach to assume his new duties as director of physical education of the Spartanburg city schools. The problem that worried him most was finding a suitable program for the fall season. After much thought he decided to try intra-mural football. Then there was the ever present question of equipment to be solved. He worked this out by letting all the boys wear tennis shoes, and they borrow the shoulder pads and head gears from the reserves on the day of the game. The athletic department furnishes jerseys. He has organized a league of four squads with about 20 boys on each squad. They call it the "Color League," since they have blue, red, white, and black jerseys. The boys are allowed to keep the jerseys at the end of the season.

After practicing three weeks, each team plays six games. Miniature footballs are given to the winning team. The players are chosen from the students in the Senior High School who

weigh less than 130 pounds and who are under 17 years of age. "Red" gives each team the same amount of coaching and then lets the captain and student coach take charge. This program has been in progress for three years, and they have not yet had a physical injury of any consequence. In case an injury should occur, the school assumes no responsibility. The parents of the players have to sign a permission blank giving their approval before the boy is permitted to participate. Besides this "Color League," Spartanburg has a B team composed of boys who weigh over 130 pounds. This program is proving of great benefit to the varsity football team and, what is more important, it gives over one hundred boys a chance to play football under game conditions. Most of these boys would never have this opportunity were it not for Coach Dobson's Intra-Mural program.

### SPLIT MINUTES — GEORGIA—from Page 14

In athletic training we have had Dr. Forrest C. Allen, of Karsas University; Wilbur Hutsell of Auburn; Henry Crisp of Alabama; Fitz Lutz of the University of Georgia; and Claude Bond of Georgia Tech.

Besides these outstanding instructors, we have brought in each year 56 high school graduate football players. These high school boys have aided in the demonstrations and have climaxed each clinic with a regulation football game on Grant Field. This feature of our program has afforded the opportunity of a college education to a large number of high school boys who had been overlooked.

This elaborate program has been made available to members of our association at the small fee of \$2.00. If it were not for our coaching school, the Georgia coaches would have to go to some other State to attend a coaching school at a much greater expense to themselves. Our clinic will grow to become not only a convenience and aid to our coaches, but will also be an asset to the town where it is held and to the entire State. Hundreds of coaches, players, and sport fans will annually attend this event for instruction and entertainment at this season of the year. Many will do their fall buying while here and all will get an impression of the city that should be of great advertising value to the community.

On behalf of the Georgia Athletic Coaches Association, we wish to express to Boys' High School, the Atlanta Board of Education, and to the Atlanta and Fulton County school systems our most sincere thanks for their co-operation in making possible the constructive program which has been outlined above. It is a fine gesture by far-sighted people and in years to come it will return to them many-fold.

We are glad to welcome into the Association the following new members: S. W. Causey, Manchester High; Dennis Leonard, Benedictine School; H. J. B. Turner,

Dacula High; Troy Thomason, Sugar Hill High; Bill Brannin, Boys' High, Atlanta; Harry Williams, Thomasville High; Ray Thurman, Ocilla High; D. T. Smith, Spalding High; C. C. Ozier, Sylvester High; Roy L. Lawrence, Tignall High; A. S. Carswell, Miller County High; R. W. Badgett, Decatur High; Alex McCaskill, Athens High; C. H. King, Marietta Jr. High; Jimmie DeLoach, Pembroke High; Claude E. Lester, Ludowici High; Harry Koval, Jewish Educational Alliance; John McCarley, Walthour-Hood; M. P. Stein, Seminole County High; Charles King, Dudley High; and Eli Hill, Jr., Cairo High.

### PERSONALS

Weyman Tucker, of North Fulton High, and his Panama hat have gone through another season undefeated.

Art Graves, formerly of Spalding High, is now on Selby Buck's staff at Lanier.

"Pinky" Townsend, of Savannah High, is athletic officer at Fort Jackson.

The Savannah High Athletic Department can always be relied upon to provide appropriate entertainment for visitors. Following the Savannah-Miami game this year Varnedoe, Eisenberg, and Harmon gave a dinner for the Miami coaches and visiting scouts.

E. W. Carson has had a great year at Washington High.

Jim Cavan has accomplished a great deal in his first year at Rome High School, despite the handicap of a local rule against spring practice.

## Southern Schools—Duke

(Continued from Page 11)

preachers throughout the South—went undefeated, beating such teams as Furman, North Carolina and Virginia. Virginia had been the "Southern Champions" so Duke's victory gave them the only claim to the "Southern Championship."

That year Duke defeated Furman 96-0—largest score ever made by a Duke team. In that game every man on the Blue Devil eleven made a touchdown, even the center being called back and allowed to run with the ball. And it must be remembered that touchdowns in those days counted four points, extra points two. Such a number of touchdowns as the Blue Devils made would have, in present day scoring, counted up to almost 150 points.

Duke won the North Carolina Championship in 1893—no small accomplishment in view of the fact that the University of North Carolina and Wake Forest were rated two of the South's best teams.

But the sport started getting up the ire of the professors—there was talk of professionalism even back in those days—so in 1895 the Trinity faculty voted a ban on intercollegiate football.

At first it was thought the ban would be lifted in a few years but years passed and continued to pass. Each class as it came into the University would endeavor to get the sport re-instated but met with no success until 1920 when Duke resumed the sport.

There followed years of mediocre success, a total of six coaches serving

from 1920 through 1925 when Jimmy DeHart arrived under a five year contract.

Wallace Wade replaced DeHart in 1931 and since then Duke's advance in the football world has been steady. The Blue Devils in those nine years have won the title in their own conference five times and have a record of never having been beaten badly.

According to figures compiled by the Associated Press, Duke football teams of the past five years have won more games—41 in all—than any school in the country. In the past two years Duke's record has been amazing. In 1938, after being undefeated, untied and unscored on in nine regular season games, the Blue Devils lost to Southern Cal in the Rose Bowl on a touchdown in the final 40 seconds of play. The score, Duke 3, Southern Cal 7. In 1939, Duke had only one loss—that by 13-14 to Pittsburgh.

Duke has had innumerable All-Southern and All-Southern Conference football players, most of them coming since Wade took charge. There have been five All-American players—Fred Crawford, tackle on the 1933 team; Clarence (Ace) Parker, halfback on the 1936 team; Dan Hill, center, and Eric Tipton, halfback on the 1938 team; and George McAfee, halfback on the 1939 team. There have been numerous others who have won second or third team berths or received honorable mention.

Crawford, incidentally, was the first native North Carolinian ever to

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Duke was also one of the first institutions in the South to take up baseball and basketball. Baseball was started at Trinity in the early 90's and basketball in 1906. Trinity and Wake Forest played the first basketball game in the history of North Carolina and it was one of the first in Dixie.

Following is Duke's five-year record in all sports:

FALL OF 1935 THROUGH SPRING OF 1940				
Sport	Won	Lost	Tied	Pct.
Football	41	7	1	.854
Cross-Country	13	7	0	.650
Soccer	23	5	4	.821
Basketball	79	42	0	.653
*Boxing	10	13	3	.435
Wrestling	2	21	0	.037
Swimming	19	17	0	.528
Baseball	96	21	0	.821
Track	14	8	1	.636
†Lacrosse	10	10	0	.500
Golf	48	3	1	.941
Tennis	57	25	0	.695
Totals	412	179	10	.697

\*Boxing discontinued following 1940 season.

†Lacrosse started in 1939. Therefore, record for three years only.



Duke's new gymnasium was completed in early 1940. It has seating accommodations for 10,500 spectators. The mammoth indoor arena adjoins the stadium.

## SPORTSKETCHING THE STATES

(Continued from Page 17)

and that a game between Trion and Hartwell would decide the Lower Bracket champion. The committee also named Elberton as an alternate for the Upper Bracket and Hapeville for the Lower Bracket in case one of the first choice teams would be unable to participate in the play-off, since the rules governing the association call for a play-off to decide the champions.

November 29th was set as the date of the Lower Bracket play-off and the Upper Bracket battle will be held on December 6th. The place, time of game and officials were left to be decided by the teams participating. However, if no agreement can be reached by the teams, a special meeting of the executive committee will be called to decide the question.

Immediately following the meeting the officials of the Hartwell and Trion schools put their heads together and agreed to play the Lower Bracket game at Hartwell on Friday night, November 29th, starting promptly at 7:30 p.m. The officials for the game will be named later.

The heads of the Cedartown and Athens teams have not as yet reached an agreement but plans are to try to have the game played on Sanford Field at Athens on December 6th. Complete plans for the meeting of these two teams are expected to be announced within the next few days.

The champion of the Upper Bracket of the NGFA will meet the South Georgia Football Association champion on December 13th. The time, place and other plans for this game to decide the State Champions will be announced soon after the champions of the two associations are declared. At first it was the plan to match the Lower Bracket winner of the NGFA against the leading high school team of corresponding strength in South Georgia, but arrangements could not be worked out. However, it is believed that such a game will be held next year.

It was decided at the meeting Saturday to launch a drive for new members for the NGFA by attempting to get such schools as Dalton, Newnan, Cartersville, Marietta, LaGrange, Greensboro, Winder, Commerce, Washington, Monticello, Canton, Gordon-Lee, Tallapoosa, Richardson (College Park), Dallas, Cornelia, Warrenton and Thomson to join the association for next year.

The subject of a basketball tourna-

ment for the members of the NGFA, to be held sometime between the district and state tournaments, was brought up at the meeting and will be further discussed at the next meeting of the association. The executive committee also adopted a resolution to draw up their own eligibility blank to use in further simplifying and clearing the matter as to a player on a NGFA member team being eligible to take part in the various contests of the association.

The next meeting of the NGFA will be held prior to the play-off game of the Upper Bracket of the association on December 6th.

## SOUTH CAROLINA

(Continued from Page 16)

Smith, of Virginia Polytechnic; 1934, George M. Smith, of Virginia Polytechnic; 1935, Herman P. Snyder, of the University of North Carolina; 1936, John Gormley, of the University of Maryland; 1937, George Watson, of the University of North Carolina; 1938, Andy Trezack, of Virginia Military Institute; 1939, James Ringgold, of Wake Forest College.

Winners in the Southeastern Conference have been: 1935, Riley P. Smith, of the University of Alabama; 1936, William May, of Louisiana State University; 1937, LeRoy Monsky, of the University of Alabama; 1938, Sam Bartholomew, of the University of Tennessee; 1939, Sam Bartholomew, of the University of Tennessee.

## ALABAMA

(Continued from Page 17)

Ranking highest among the state basketball group, Murphy and McGill, of Mobile; Albert G. Parrish High, of Selma; Sidney Lanier, of Montgomery; Tuscaloosa; Woodlawn, Phillips and Ramsay, of Birmingham; Phenix City, and many smaller schools that always produce top-notch basketball teams will open their cage schedules after Christmas, for the most part.

## DEFENSIVE STRATEGY

(Continued from Page 15)

line up in one formation and shift into another as the offensive team comes out of the huddle.

In the six-man game like regular football, good tackling is the basic principle of a good defense, and the players should be instructed in a few essential pointers which will hold good for all positions. A few of these pointers are—Keep blocking points covered, keep the blockers away by using the hands, always be on the alert for tipoff as to the type of play the offense is planning to use, keep eyes on the ball and beat the opponent to the charge, watch for reverses and if a lateral is possible, tackle high.

Volumes could be written in regard to pass defense in six-man football, but in this phase six-man and eleven-man football have much in common, so it is up to the coach to take what is applicable from the eleven-man game and adapt it to six-man football.

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# Hi, Coach!



W. A. GEER

**Coach W. A. Geer is a member of the Board of Directors of the Georgia Athletic Coaches Association, representing the Second District. Coach Geer attended school at Colquitt High School, the Georgia State College for Men and South Georgia Teachers College.**

**He began coaching basketball in 1935 at New Hope Consolidated School and produced championship teams in both the boys' and girls' divisions that year. He repeated with championship teams in both divisions the following year, the boys' team losing only one game and the girls' three. In the 1937-38 season the girls were again champions and the boys were defeated in the finals at the tournament.**

**In 1938-39 he moved to Damascus where his boys won 45 consecutive games and were district champions, but were defeated in the semi-finals of the State Tournament held at Athens. The girls were defeated in the finals by one point in the finals of the district tournament. In the 1939-40 season the Damascus girls were undefeated and Second Dis-**

must admit that my fastest races in the 220 on the curve were run on the outside lanes. This was possibly due to the fact that I was unable to check on the other runners. Run as close to inside line of your lane as possible—you save distance.

Sprinters should stay in good shape all year—not necessarily tip-top shape, but in good physical condition. Do considerable gym work to build up your upper body. Personally, during the entire year I kept in such shape that I could do about 10.2 at any time. I believe the athletic life of many sprinters would be much longer if they would keep in better physical condition all year. I ran in competition for about 20 years and at the end of this time I could run 100 yards as fast as when in college competition. Training was never work to me. I used to get a great kick out of running—and I liked to practice. I believe that is the secret of success in any athletic sport—you have to get a kick out of it.

There is some event in Track and Field that any man can do. Different events call for various types of men. In the end your success or failure depends on interest plus a lot of hard work.

I have often been asked what I thought of the relative ability of present-day sprinters and those of my day—some 35 to 45 years ago. Today tracks and training facilities are much superior. Track shoes are also better. That should help some for the sprinter of today. It seems to me that we were trained about the same as the present-day sprinters, but competition was not so fierce. Very seldom, even in the Intercollegiate or the U.S.A.A.U. Champs, were there more than two or three outstanding men, and they seldom met until the finals.

trict champions. In a post-season game they defeated Baxley High, Eighth District champions, by the score of 49 to 33. The Damascus boys were defeated in the final of the district tournament held in Arlington.

Bill knows his basketball, masculine or feminine, is a valuable member and officer of the Georgia Athletic Coaches Association, and an asset to the coaching profession.

## TRAINING FOR SPRINTS

(Continued from Page 7)

Today we have many good men of almost equal ability in these big meets. During my competition I did not worry much about qualifying for the finals. Now each heat means get out and run. Competition is what makes good times. The number of men in track is much greater than in the old days. The more men in competition, the greater the opportunity for finding good men. Also the coaches in high schools know more about coaching track than in my day. I never had a coach in high school, but I watched the college men in their meets and thus picked up what little I knew before entering the University of Michigan.

Your guess is just as good as mine as to the relative ability of the old timer and the present sprinter, but under like conditions it might be a better race than some might imagine. No question about the times being much better today and, as I hardly think any of us old timers would care to challenge any of the present-day greats, we will leave the subject there.

## ONE FOR RIPLEY!

One of the queerest plays to happen on a football field occurred on a south Georgia field in a game between two high schools. It is vouched for by several who actually saw the play.

Team A, on about Team B's fifteen yard line, passed, the ball being intended for a receiver standing behind the goal line. A Team B man, in attempting to ground the ball, knocked the ball downward and between his legs. The ball flew toward the end zone, and was caught by the team A receiver, scoring a touchdown for Team A.

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# TIPS ON TRACK

By BILL RANEY

Trainer and Assistant Track Coach,  
University of Alabama



BILL RANEY

## SHOT PUT

Practice for form only two or three times a week. In the early season practice more.

In practice, stress a simultaneous foot landing across the ring.

Keep the body driving in a line with direction of the put. It is a bad fault to allow the left leg to go too far to the left while on travel across the ring.

Drop the body down a little at the center of the ring at the end of the travel across.

Practice starts two or three times a week.

Do not let the shot get out to the side when putting.

A good plan to follow in working a 44-foot man is to have him put about 40 feet ten times on three days a week. Never let him extend himself over once a week. A new man will do his best distance the first week; he will then drop down for two or three weeks.

## SUGGESTIONS FOR DISTANCE MEN

Do not pass men on curve. Always pass the opponent fast, especially on way home.

It is well to know something about the opposing contestants.

Plan your own race. When new conditions arise, use your head.

Do not follow a man with a poor stride.

It is best to follow a good pace setter. With less mental strain, you will be able to give more clear thought to easy running and other important factors of the race.

In all races, whether you win or lose, seek to do your best, or you and everyone else will be disappointed. If a man who beats you is really better than you are, there will be no real regrets; take the beating like a man and be satisfied in at least that you have performed as best you could.

## BROAD JUMP

Do not work hard every day. Practice jumping two or three times a week. Too much jumping will injure the ankles.

Work occasionally with sprinters and high jumpers.

Use rubber sponge in heels.

Practice on attaining height twice a week.

## POLE VAULTING

Know the rules.

Know how to rest between vaults. A good fighter conserves his energy.

Do not vault every day, and vault about a foot, more or less, than you can make with best effort.

Practice to make the pull and hand stand deliberate, not hurried.

Practice against the wind. You might have that in the State Meet.

Do not make the hand stand until end of swing.

Do not make the last stride too long.

I hope this will be of some benefit to track coaches and athletes over the South and may you have lots of luck in the coming campaign.

## EARLY SEASON TRAINING

(Continued from Page 6)

soon catch on and will conserve their energy and not give everything in them in their drills. And they will learn to hate these practice sessions. Furthermore, when they get to the closing moments of a game they

haven't the reserve energy to put on a drive that will lead them to victory.

In a very close game where both teams battle furiously, it is only a question of time until one of them cracks under the pressure. The team that hasn't the reserve energy, that isn't playing on its toes, that isn't alert, is the team that will crack. Therefore, condition your men so that they always have sufficient stamina to put across a victory if called upon to do so in the closing minutes of a game. You can't drive a man into condition; it can't be done. You don't condition the motor of your new automobile by running it wide open the first few weeks and you don't drive a race horse in the first few weeks at top speed. You must gradually break them in. A man's makeup is far more delicate than that of a motor or a horse.

Two years ago in a game between Kentucky and Georgia Tech, played on the Kentucky floor, we had one of the finest examples of conditioning that spectators will ever see. During the first 37 minutes of that game there was never a greater difference than two points in the score. One team would score and then the other. They came in at the half deadlocked 21 all. The second half was just as fast and furious as the first. I told my men at the half, "You will win; they are going to crack, for no team can stand such a pace." As the game wore on into the second half, it seemed that surely one team or the other would crack, but they continued playing neck and neck until three minutes remained. Kentucky, for the first time, was able to get a margin of four points and that was enough. Georgia Tech cracked and Kentucky scored again with but a minute and a half remaining. It was then only a matter of the watch ticking off the final seconds.

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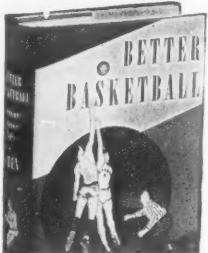
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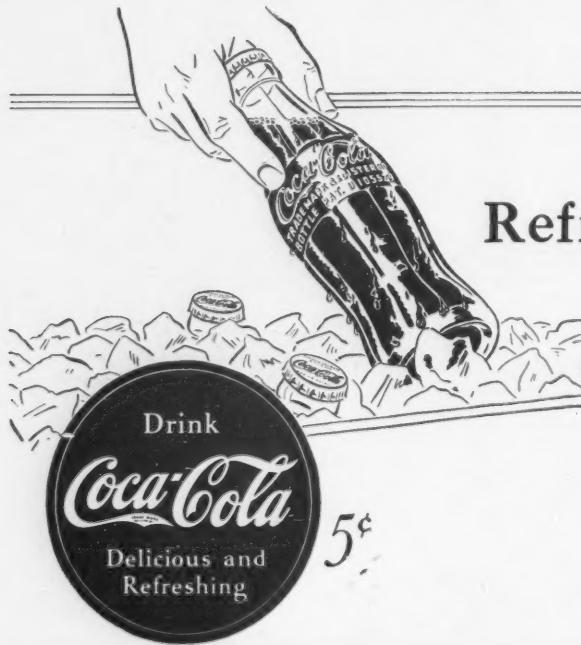
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